

## Abiding Hunger

The life of a congregation is a rich community tapestry of people, programs, ministries, and worship. We lift up the patterns of this tapestry at Unity Church with the threads of monthly themes woven through our worship and programming. These themes deepen our understanding of our faith and strengthen our bonds with one another in religious community.

*You can't be stuck if you're not trying to get anywhere. Which, to me, means that when you stop fighting with the way things are, magic happens. You relax, open, and any action you take comes from alignment with what's true.* — Geneen Roth

I was hungry for 40 years. I started dieting at 13 years old and for most of my life, I have been told that my hunger was my fault; something I did or didn't do that caused my body to feel a sense of hunger throughout the day. I have never experienced true food scarcity. I also do not have a diagnosable eating disorder and for my UU siblings who have experienced this, please know that I am aware of the deep and "abiding" pain that comes from discussions around hunger.

We know scientifically that there are identifiable hormones that cause a body to feel hunger when it cannot actually be hungry. This is a portion of what the new weight medications are attempting to address. We also know that trauma can play a role in how we feel or don't feel hunger and of course our genetics, family systems, culture and availability add to this complexity.

When this theme of Abiding Hunger was offered, I went to the dictionary to look up what "abiding" means in relation to hunger. Because of my background and my own vulnerability around the topic of physical hunger, I found the results to "abiding," words like "enduring" and "long lasting," concerning. What was Abiding Hunger? Unity's Ends state, "evangelize love to meet the deep and abiding hunger in all of us." Let us recognize that there are many forms of hunger: physical, psychological and spiritual. Is it simply a part of our human experience that we suffer with an abiding hunger?

Historically, capitalism has provided all sorts of answers to our hunger problem. In the diet industry, we were often told

that if we just ate, drank, moved, did or thought whatever the magic bullet was, our hunger, our need for a cure, our need to be whole, our need to end suffering would be provided through this amazing new discovery. Perhaps most of us have a hunger that is simply a result of living in capitalism? We are constantly told by clever and researched marketing that purchasing this thing, or watching this show, or engaging in this activity will evoke some miraculous result that will make us happy, when in fact it just causes us to hunger more. Like many people, we continue some practice of consumption to satisfy our hunger. Dopamine is an excellent drug.

Many options to satisfy one's hunger are marketed as the more respectable or even admirable choices to supply us with dopamine, serotonin or adrenaline. Often the way a society supports dealing with one's hunger can be obsessive behaviors and we might call it discipline. In my professional experience, deprivation or rigid discipline provided a sense of deep satisfaction of some people's abiding hunger which seems like a paradox and is the challenge of this topic.

For spiritual practice, I would encourage all of us to tolerate one moment of our hunger, (in whatever form) not to satisfy it, but just to notice

The story of my life is wanting, hungering, for what I cannot have or, perhaps, wanting what I dare not allow myself to have.

— Roxane Gay,  
*Hunger: A Memoir of (My) Body*

the hunger. Be curious about your hunger whether it is for connection, to satisfy boredom, to feel victorious, to assuage some discomfort and see if for one more minute, sitting in hunger, can allow your intuition, higher power or synchronicity to provide some answers to the hunger.

Take time for deep practice to actually make friends with a small amount of your hunger to deepen your compassion. When we accept our own hunger, we can love the empty space within. Can we love another's hunger as well? When I am not satisfying my hunger, but remain open to it, even for just a bit, can I also notice my siblings' hunger, not to fix or change, but to simply accompany them?

This is the path of the open heart. We abide in our hunger to humble ourselves into a vulnerable state which makes us aware of others. Truly it is from this humbled state that we can walk together with more clarity. We can listen more deeply, attuning to our mutuality of needs. Feeling hungry for something is so human. Can we meet at the crossroads and walk a path together, both hungry, both curious and just be there for a moment? I can think of few better ways to evangelize love than to accompany one another in our hunger for compassion, understanding, care and of course love.

Hallman Ministerial Intern  
Amy Brunell

on behalf of the Unity Theme Team

### Theme Resources

Further reflection on the theme:  
[unityunitarian.org/chalice-circles](http://unityunitarian.org/chalice-circles).

# JUST WORDS



## Just Words

Rev. Dr. Oscar Sinclair, Senior Minister

It has been a strange month. Since January, nearly every part of ministry at

Unity Church has been a response to operation Metro Surge and the unlawful, immoral detentions and deportations that the Federal Government has brought to our city. From getting arrested at a civil disobedience action at the airport, to meeting with representatives and senators in Washington, DC, it has been a surreal stretch of ministry.

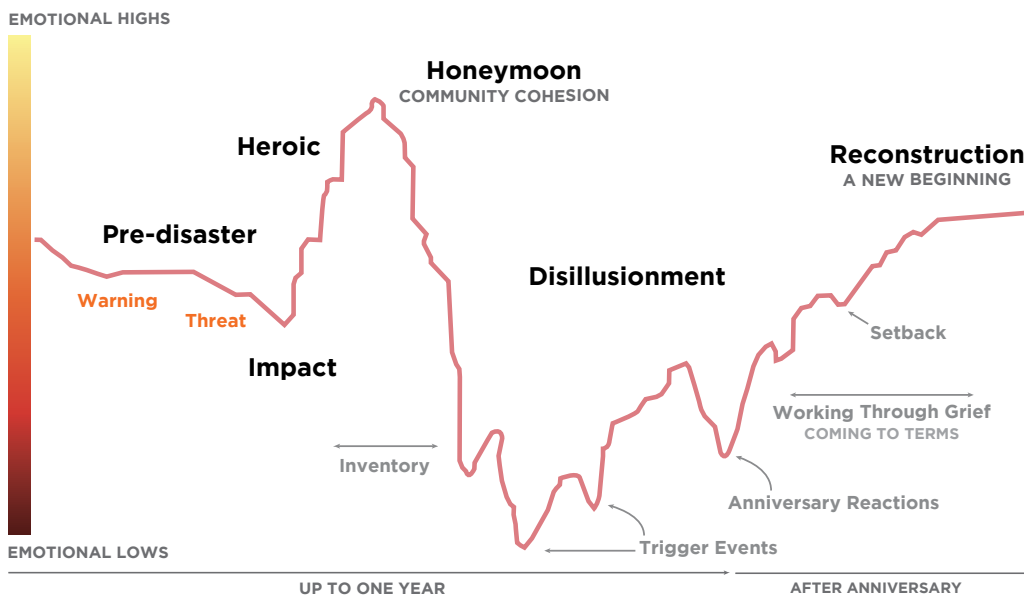
Through it, I have been struck by the basic decency of our congregation, and people all over the country reaching out to express their concern about what is happening in Minnesota. A wall in our office wing is covered in notes we have received from other Unitarian Universalist congregations, sending greetings and love to us here in Saint Paul.

One piece that I am thinking about a lot as we wind down this initial stage of the ICE surge in the Twin Cities (although I am skeptical that it

is “over” in any meaningful way), is how we will respond as a community. Communities who have faced natural disaster or communal trauma often follow a [predictable, researched cycle](#), with an initial emotional high (as the community comes together in response) followed by a long period of disillusionment and despair (see chart). The disillusionment stage is nearly unavoidable. The question is not how we can avoid it, but how we will respond when the adrenaline and clarity of this initial moment fades.

What I hope is that the spiritual and emotional hunger that comes with disillusionment are a prompt for us to come together as a community. I mean this literally: when you are grumpy, tired, and wondering if all of the last two months meant anything, come bring that hunger and pain to church. This was the collective mistake of COVID: because the nature of the disaster was to keep us isolated, we spent a very long-time grieving, disillusioned, and detached from one another. It is only in the first months of 2026 that Unity Church attendance levels have reached their 2019 levels.

So my wish for us in March is to keep coming together. Even in the hardest part of the year, when the world is a palette of gray and brown, and we just want the ice to melt and spring to come (literally and metaphorically) so we can get on with our lives. This is not the time to retreat into isolation and hunger, but to come together and get fed, body, mind, and soul. This is what church is for.



Source: Zunin/Meyers, as cited in Training Manual for Mental Health and Human Service Workers in Major Disasters, U.S. Department of Health and Human Services (2000).

# SUNDAY SERVICES | OFFERING RECIPIENTS

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## Sunday Services

Sunday services are held at 9:00 and 11:15 a.m. The 9:00 a.m. service is also offered via livestream. Find the livestream links, sermon podcasts, and worship theme resources at [unityunitarian.org/sunday-services](http://unityunitarian.org/sunday-services).

### March 1: The God-Shaped Hole

**Rev. Dr. Oscar Sinclair | Meg Arnosti, Worship Associate**  
Liz Slade, the leader of the Unitarian and Free Christian Churches in the UK, writes about finding a "god shaped hole" in her life, and finding her way to a church that did not ask her to fill it with anything she did not believe. We know people come to church looking for something, but how do we understand the hunger that brings people here?

### March 8: You Are Not Alone

**Amy Brunell | Ollie Stocker, Worship Associate**  
Choosing to be alone is different from loneliness. Sometimes even in the midst of people, I feel a sense of loneliness. It often surprises me. I like spending time alone, but that is a choice I can make rather than feeling like I'm all alone. Many people at this moment feel all alone. Perhaps modernity has separated us even more? What is our call as Unitarian Universalists to respond to this feeling of loneliness? Let us worship and consider further.

### March 15: Filling the Hole

**Rev. Dr. Oscar Sinclair**  
There are many ways to meet hunger; some healthy, some not. What are the meaning-making equivalents of junk food: highly processed, brightly colored things that feed our souls for a moment, but leave us hungrier than when we started?

### Story Sunday, March 22: Flights of Fancy

**Rev. Shay MacKay**  
Let's talk about speculative fiction! When can pop culture and escapism inspire us and when does it offer only empty promises of relief and fulfillment?  
On Story Sundays, children in grades 1-8 begin in worship with the congregation in the Sanctuary. After the Story for All Ages, Rotation children (grades 1-5) proceed to their classrooms for religious education programming while middle school youth (grades 6-8) remain in the Sanctuary for the entire worship service.

### March 29: All of Us

**Rev. Dr. Oscar Sinclair**  
In the Christian tradition, the Sunday before Easter, Palm Sunday, marks a celebration of Jesus's entrance into Jerusalem, a moment when power and meaning were inverted. The power of the day existed, not with a political establishment or temple, but with a community gathered and proclaiming that a better world was possible. One where all of us are included.

## Offering Recipients

Each week, sixty percent of our Sunday offering is given to a community non-profit and forty percent supports the Community Outreach Ministry at Unity Church. Donations are gratefully accepted online at [bit.ly/sundayoffering](http://bit.ly/sundayoffering).

### March 1

[Hallie Q. Brown Food Shelf](#), a lighthouse of hope in the Summit-University community since 1929, operates a food shelf serving families in the neighborhood. Hallie Q. Brown offers a client-choice model where community members pick foods that match their cultural and personal needs. This collection will be matched by the Minnesota FoodShare March Against Hunger Campaign.

### March 8

The purpose of [Unity's Racial Justice Ministry Team](#) is to create opportunities for people to deepen awareness and understanding of the dominant culture's systems of white supremacy and oppression; be a voice and advocate for antiracism, multiculturalism, and economic justice; and take action and commit to racial justice in the wider community. The team's primary partner is The Circle of Peace Movement, and they are working closely with ISAIAH to spread the good word about their People's Agenda.

### March 15

[Whittier Alliance](#) is the neighborhood organization for the Whittier neighborhood, working to make connections, share resources, and support businesses. Since November, the Alliance has been a hub for Whittier residents organizing in response to Operation Metro Surge. This collection will provide financial support and resources (such as groceries, transportation, and rent subsidies) for families affected by detentions and deportations.

### March 22

[International Institute of Minnesota](#) works to help immigrants and refugees make Minnesota their home. In addition to refugee resettlement, they offer English education, workforce and leadership development, and immigration and citizenship assistance. This collection will support their Basic Needs Fund, assisting people experiencing economic hardship due to detentions including help with rent, and medical and legal fees.

### March 29

Unity's [Housing Justice Ministry Team](#) recognizes the inherent worth and dignity of every person and seeks to hasten the day when every person has safe, affordable, and quality housing regardless of class, zip code, race, ethnicity, gender identity, disability or other category. The Housing Justice Team partners with Beacon Interfaith Housing Collaborative, Habitat for Humanity, and Project Home. This collection will share financial support with Project Home as the organization transitions to its new location in Bandana Square.

# BOARD OF TRUSTEES



## Resolution for Abiding Hunger

**Marcia Hayes, Chair, Board of Trustees**

In our February meeting, the Board of Trustees adopted a resolution that allows the Executive Team (ET) to speak on behalf of the congregation in opposition to “unconstitutional inhumane immigration action on moral, theological, ethical, and human-justice grounds.” (See the resolution on this page.)

You might wonder why we needed to do this. Before we passed this resolution, our ET could provide statements to the media, etc., of their own personal beliefs, but they could not speak for the congregation as a whole. They were not authorized to speak on behalf of Unity Church. This creates an unexpected situation — one might assume that the senior minister is able to speak for the church. However, this goes back to our governance, and really, to our theology. We are a congregational faith. This means that we discern our beliefs through our discussions with each other in community and no one person can speak on our beliefs until the Board or the Congregation have discerned and voted. Therefore, [Unity’s policies](#) limit the conduct of its ET, and one of these limitations disallows our ministers to:

*Make public statements about the official position of the congregation or Board on controversial social, political, and/or congregational issues unless the congregation or Board has formally and explicitly adopted them as positions of record.*

Your board was confident in adopting this resolution because of what we’ve seen the congregation do over these last few months — meeting the deep and abiding hunger in the world in this moment. Right now, that looks like many different things: volunteering for a shift at the front desk so the building can serve the neighborhood, serving as a patrol for our partner school, or following the call of Rev. Oscar to join ISAIAH in a larger faith-based movement, and more. Within the church, among our neighbors, beyond our home. We understood where the congregation would stand on this matter as we work together to build this Beloved Community.

This month’s theme is Abiding Hunger. When the board discerned the ends in early 2025, we knew we needed a way to describe the ache we heard from the congregation — the ache we come to church to soothe. The ache that is a part of life for us all. We mulled over this end, and we looked out the window in the Crothers Room, and we wondered what our neighbors might need on the way to the Beloved Community. This emerged:

*... to meet the deep and abiding hunger in all of us.*

This abiding hunger did not start in December when federal agents began their inhumane campaign. It will not end when they leave. Our faith remains.

## Board of Trustees Resolution

February 14, 2026

Whereas, the Board of Trustees formally and explicitly adopted a resolution in December 2016 designating Unity Church-Unitarian as a sanctuary congregation;

Whereas such adoption is consistent with Unity Church-Unitarian’s current Ends statement, adopted in 2025, to yoke ourselves to demands, sacrifices, and hard work of antiracism, multiculturalism as well as evangelizing love to meet the deep and abiding hunger in all of us;

Whereas, the congregation has broadly, actively, and intensely worked to counteract the current unconstitutional immigration actions in Minnesota, clearly indicating the congregation’s broad support to end the enforcement and the resulting injustices,

RESOLVED, Unity Church-Unitarian as an institution opposes unconstitutional inhumane immigration action on moral, theological, ethical and human justice grounds, and authorizes the Executive Team to speak on the church’s behalf to counteract the injustices that such actions perpetuate.

## Unity Church Ends Statements

We the people of Unity Church-Unitarian, grounded in a joyous vision of beloved community, within, among, and beyond ourselves,

- understand the interconnected roots of oppression and yoke ourselves to the demands, sacrifices, and hard work of antiracism, multiculturalism, and climate and economic justice;
- cultivate a multigenerational community of joy, care, and belonging, and evangelize love to meet the deep and abiding hunger in all of us;
- practice lifelong faith formation, grounded in Unitarian Universalist theology, that breaks us open and allows us to be transformed.

**UUA GENERAL ASSEMBLY**  
JUNE 14 – 21, 2026  
MEET THE MOMENT: TOGETHER EVERYWHERE

For General Assembly in 2026, the UUA is creating a virtual “everywhere GA” with both online and distributed in-person options that will allow Unitarian Universalists to participate in whichever way works best for them. This new format will reduce travel costs and environmental impacts, offer optional in-person connections, streamline production costs, and provide a more flexible schedule for participants. Get all the details: [www.uua.org/ga](http://www.uua.org/ga).

# BELOVED COMMUNITY STAFF TEAM



## Racialized Capitalism Means Racialized Immigration "Enforcement"

Justin Cummins, Guest Writer for the Beloved Community Communications Team

The ongoing and violent occupation of Minnesota by thousands of illegally masked, heavily armed, and poorly trained Federal immigration enforcement agents is shocking — but it is not surprising. This increasingly dangerous situation in Minnesota and in the country overall has arisen in the context of racial capitalism that currently dominates the nation.

Despite the nice-sounding rhetoric about capitalism, that it promotes freedom and prosperity, capitalism involves the exploitation of people, other life, and resources to the benefit of a privileged few. In other words, capitalism means the freedom to exploit so the proverbial one percent can prosper to the detriment of the planet and life on it.

The socially constructed concept of race has been used to rationalize this systematic exploitation and its resulting disparities. Put simply, people of color have been mischaracterized as somehow inferior or even deserving of the mistreatment they have experienced in the United States since before the country's founding and around the world since colonialism began before that.

Vilification and outright dehumanization based on "race" have coincided with even self-described liberal or progressive individuals and institutions participating in racial capitalism as it obscenely concentrates wealth and power. This does not mean that people and organizations who identify as liberal or progressive should feel ashamed; the existing capitalist economic system makes it difficult to think and behave differently. Much like the closely related phenomenon of white supremacy, racial capitalism is all around us — akin to the air we breathe — so the sustained awareness of, and active engagement against, racial capitalism (and white supremacy) is vital.

Consistent with racial capitalism, the so-called immigration enforcement operations in Minnesota and around the nation have targeted people of color. The occupying Federal paramilitary force has engaged in documented and repeated racial profiling, requiring immigrants of color to prove they are United States citizens when seized from their homes, their cars, their medical clinics, their workplaces, their schools, or other supposedly safe places. These Federal immigration agents also have abducted, detained, and deported immigrants of color — including young children — who are citizens of this country. In fact, the occupying paramilitary force has murdered in broad daylight native-born whites who, in solidarity with immigrants of color, served as peaceful legal observers to document the escalating violations of fundamental rights.

The message is clear: one's rights and humanity may not be recognized when one is an immigrant of color. People subjected to such abuses are more easily exploited because of the understandable fear they feel under the circumstances, fueling the racial capitalism fire that has consumed the nation with devastating consequences up to the present.

In this context, and in response to complaints by immigrants of color about wage theft and other violations of their rights, unscrupulous companies threaten to call or actually call the same types of Federal immigration enforcement agents who have been terrorizing Minnesotans everywhere in recent months. Similarly, unscrupulous lawyers who represent employers or other defendants in labor and employment or civil rights cases use the perceived or actual immigration status of claimants of color or of claimants' family members to coerce immigrants into settling their compelling claims for little or even into not pursuing their claims in the first place.

In my experience litigating numerous labor and employment and civil rights cases on behalf of immigrants of color as well as on behalf of native-born whites, I have observed a clear difference in how cases are handled by opposing counsel and courts. Generally, my clients who are immigrants of color have been regarded with suspicion or, to put it more legalistically and euphemistically, as lacking credibility when compared to their native-born and white peers.

Consequently, when it comes to immigrants of color versus native-born whites, opposing counsel typically has made invasive demands for information and documents, insisted on burdensome depositions, and used other abusive litigation tactics to discourage immigrants from seeking recourse for violations that flow from racial capitalism. In addition, courts often have tolerated such conduct by opposing counsel when my clients are immigrants of color. This bias may be unconscious at the individual level, but the adverse impact remains powerful at the institutional and systemic levels regardless.

**In sum, immigration enforcement is racialized because capitalism is racialized.** The labor of immigrants of color continues to be essential to the nation's capitalist economic system, and the exploitation of that labor continues to be essential to the profiteering of that system. An economic system recognizing the inherent dignity and interconnectedness of all people — and, therefore, one based on the love underlying the yet-to-be-realized Beloved Community — would look vastly different than the one we have now. Indeed, we cannot have Beloved Community so long as racial capitalism and the related scarcity mindset obscure the vital spirit of mutuality and our radical imagination for a just and sustainable world.



# CONGREGATIONAL CARE

## The Taproot Project: Trees of Resilience

*To listen to trees, nature's great connectors, is therefore to learn how to inhabit the relationships that give life its source, substance, and beauty.*

— David George Haskell, *The Songs of Trees*

Join Rev. Shay and the Congregational Care Team for a morning of reflection and discussion on how to stay grounded and resilient while being at work in the ruins. The focus of our time together will be an art project in which we each explore what holds us, what connects us to the earth, and what waters and nourishes us.

There will be two opportunities to participate in this workshop. Both will be held in-person at Unity Church. Please register: [bit.ly/taprootrees](https://bit.ly/taprootrees).

- Saturday, March 14 | 9:00 a.m.–noon
- Sunday, March 22 | 1:00–4:00 p.m.

## Living With Grief Group

**Third Tuesday of the month | 7:00-8:30 p.m.**

A group for people living with grief and loss. All are welcome to come and discuss issues related to the grieving process. Email [shay@unityunitarian.org](mailto:shay@unityunitarian.org) to participate.

## Caregivers Support Group

**Third Thursday of the month | Noon-2:00 p.m. | Zoom**

Are you a part-time or full-time caretaker of loved ones in your life? Do you need support in order to sustain the care you are giving? Join Rev. Shay MacKay and Congregational Care Team member Cynthia Orange for an informal support group for caregivers. Email [pastoralcare@unityunitarian.org](mailto:pastoralcare@unityunitarian.org) to participate.

## Families Living with Mental Health Challenges

**Third Saturday of the month | 9:30-11:30 a.m. | Zoom**

A support group for families living with mental health challenges. Email [pastoralcare@unityunitarian.org](mailto:pastoralcare@unityunitarian.org) to participate.

## Congregational Care

Do you have a concern or celebration you wish to have shared in the Embracing Meditation during Sunday worship? Would you like to request a call from the Minister or a helping hand or listening ear of a Care Team member? Send an email to [pastoralcare@unityunitarian.org](mailto:pastoralcare@unityunitarian.org).

## Serving as a Care Team Helping Hand

Helping Hands provide valuable and rewarding specific and time-limited assistance with practical tasks. Examples of service by Helping Hands:

- Write cards or send emails to those mentioned in the Embracing Meditation
- Make or donate cards for use at the Care Team table on Sunday mornings
- Make a meal to be delivered to a congregant
- Knit a comfort shawl
- Pick up and drop off a needed item from a store
- Walk a beloved dog for someone who temporarily cannot do that
- Deliver food and bring words of greeting
- Assist on the Memorial Services Team

If you would like to serve as a Helping Hand, please send an email to [pastoralcare@unityunitarian.org](mailto:pastoralcare@unityunitarian.org).



## The Wheel of Life

*In Memoriam*

**Elaine Kienitz**

May 12, 1939–February 13, 2026

**Craig E. Stowell**

June 4, 1950 – January 27, 2026

**Virginia Lanegran**

June 20, 1930–January 26, 2026

## Stay Connected

**commUNITY** is the monthly newsletter of Unity Church. Deadlines are the 15th of the month prior to the month of publication. Subscriptions to this monthly newsletter (digital and USPS) and our weekly e-news are available by contacting Martha at [martha@unityunitarian.org](mailto:martha@unityunitarian.org) or 651-228-1456 x105.

Access all the hyperlinks in the newsletter with this QR code.



# WELCOME NEWCOMERS



## Welcome Words

**Philippa Anastos**  
Membership Coordinator and Program Assistant

In the past few months, I have witnessed a remarkable strengthening of community bonds. Our already well-established Community Outreach Ministry Teams have expanded their partnerships. People have offered food, care, and safety to neighbors both near and far. What stands out to me is how natural this response has felt. This caretaking and connection seem innate — born from a deep, abiding hunger within us all for belonging and mutual support. The communities we are building now feel stronger and more resilient than before. As crises in our state continue to unfold, I am deeply grateful for both the newcomers and longtime members of Unity Church.

## Finding Yourself at Unity

**Finding Yourself at Unity: For Visitors and Inquirers**  
Sundays | 10:15 a.m. | Center Room | Childcare available

Join the repeating eight-session cycle at any time. If you have questions or would like one-on-one conversation about getting connected or about membership, contact Philippa Anastos, Membership Coordinator and Program Assistant, [philippa@unityunitarian.org](mailto:philippa@unityunitarian.org) or 651-228-1456 x110. March classes include:

- March 1: Q&A with the Minister
- March 8: UU History
- March 15: Worship & the Liturgical Year
- March 22: Community Outreach
- March 29: No session

## Committing to Unity

**Tuesday, March 31 | 6:30-8:30 p.m. | Center Room**

Join Philippa Anastos and Rev. Oscar for a discussion of the commitments of membership at Unity Church. This session, for people ready to become members, explores the deeper meanings and expectations of membership and shared ministry. It offers time to reflect on the meaning of generosity and how you can discover the places in your life where the world's need meets the gifts and joy you have to offer. The class concludes with a ceremony as participants sign the membership book and officially join the church. Email [philippa@unityunitarian.org](mailto:philippa@unityunitarian.org) if you're interested in participating or to ask questions. She can also arrange a private signing ceremony. Email [katrina@unityunitarian.org](mailto:katrina@unityunitarian.org), one week in advance, to request childcare.

## Join the Welcome Team

The Welcome Team is expanding! Every Sunday we greet new visitors and old friends, help individuals navigate the building, usher, collect the offering, and more. As our weekly numbers grow, more team members will help us greet at additional entrances and provide more guidance to newcomers. If you are interested in joining the Welcome Team, or in trying a shadowing shift, contact Philippa Anastos at [philippa@unityunitarian.org](mailto:philippa@unityunitarian.org).

## Volunteer to Give Rides

We're looking for volunteers to give fellow community members rides. Your kindness and support will help others connect and participate. If you're able to assist, please consider volunteering today! To offer your help, please contact Philippa Anastos at [philippa@unityunitarian.org](mailto:philippa@unityunitarian.org).

## Fellowship Groups

Email Philippa at [philippa@unityunitarian.org](mailto:philippa@unityunitarian.org) to get connected.

**Afterthoughts:** Sundays, 10:15 a.m., Middle School Room 021, to discuss the service

**Caregivers Support Group:** third Thursday of the month at noon, Zoom

**Evergreen Quilters:** second Tuesday of the month, 7:00-9:00 p.m., Anderson Library, and fourth Saturday of the month, 10:00 a.m.-noon, off-site.

**Families Living with Mental Health Challenges:** third Saturday of each month, 9:30-11:30 a.m., Zoom

**Living With Grief Group:** third Tuesday of the month, 7:00-8:30 p.m., Zoom

**Men's Coffee Group:** Wednesdays, 10:00 a.m., Center Room, for light-hearted conversation

**Men's Conversation Group:** Monday, March 2, 16, and 30 7:00-9:00 p.m., Zoom. Discuss a range of topics.

**Men's Retirement Circle:** Monday, March 9 and 23, 1:00-3:00 p.m., Robbins Parlor

**New Look at the Bible** meets the second Thursday of the month, 7:00 p.m., at Unity Church

**Textile Arts Group:** first and third Friday of the month, 9:30-11:00 a.m., DeCramer Room, bring your knitting, stitching, etc.

**Unity Book Club:** second Tuesday of the month, 7:00-8:30 p.m., Zoom. March 10: *Family of Spies* by Christine Kuehn. April 14: *The Shadow of War* by Jeff Shaara

**Women's Coffee Circle:** first and third Saturday of each month (March 7 and 21), 10:00-11:30 a.m., Center Room

**Women in Retirement:** second and fourth Thursday of each month, 1:00-3:00 p.m., Center Room

**Young Adult Group** (ages 18-35): every other Wednesday at 7:10 p.m., Center Room.

# WELLSPRING WEDNESDAY

## March 4

*Dinner: Homemade chicken tenders, veggie crudite, ranch dressing, parsnip-potato mash, lemon buttermilk cake*

### **Interconnected Roots of Oppression: Borders, Policing, and the Politics of Belonging | Parish Hall**

This learning series invites us into dialogue circles where we share our lived experiences and questions, examine the deeper roots of injustice, and strengthen our understanding of the interconnected systems of oppression. Moving in parallel with the aims of ISAIAH's [People's Agenda](#), we will imagine new possibilities and cultivate collective action toward genuine transformation.

### **Religious Education New Family Orientation | Gannett Room**

Learn about Unity's religious education programs for children and youth. Email Nelson Moroukian at [nelson@unityunitarian.org](mailto:nelson@unityunitarian.org) one week in advance if you plan to participate.

### **Cultivating the Sacred Well of Resilience | Anderson Library**

Join educator Jackie Smith for a spring series designed to cultivate resilience and well-being in the lives of educators. Rooted in care, connection, and community, this course is ideal for anyone seeking greater clarity, balance, and sustainability in their work. Whether you're in your first years of teaching, mid-career, or approaching retirement, developing habits that support well-being — both at school and at home — can help sustain the joy and purpose of teaching in an increasingly complex world.

### **Five Theological Questions Robbins Parlor**

*How is the sacred present in and felt by each of us?*  
Be prepared to discuss the question in a small group format.

### **Beginner Violin | Choir Room**

Join Mayra Mendoza for beginning violin lessons for all ages. Email [mayraquitzia@hotmail.com](mailto:mayraquitzia@hotmail.com) by 3:00 p.m. on Wednesday to ensure a lesson.

## March 11

*Dinner: Sausage and peppers, polenta, mixed greens, molasses cookies*

### **Interconnected Roots of Oppression: Finance, Debt, and the Cost of Inequality | Parish Hall**

This learning series invites us into dialogue circles where we share our lived experiences and questions, examine the deeper roots of injustice, and strengthen our understanding of the interconnected systems of oppression.

### **Stop the Bleed | Robbins Parlor**

This STOP THE BLEED® course combines clinical training with practical information so you can be an "immediate responder" to help someone who is experiencing traumatic bleeding. Be ready to save the life of a family member, a friend, a colleague or a perfect stranger! Registration is required and limited to 16 participants: [bit.ly/stopthebleed311](https://bit.ly/stopthebleed311). Another session may be offered if this one fills quickly.

### **Lectio Divina | Gannett Room & Zoom**

Come experience the alchemy that occurs through focused reflection on an inspirational text. Many people find Lectio Divina sessions to be a time of rejuvenation and insight.

### **Young Adults Group | Center Room**

A fun, reflective group working to build multifaith and multicultural community.

### **Beginner Violin | Choir Room**

Email [mayraquitzia@hotmail.com](mailto:mayraquitzia@hotmail.com) to ensure a lesson.

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: [Wellspring Wednesday](#) gathers a :  
: multigenerational church community :  
: to nourish right and holy relationship :  
: among us and deepen our life of :  
: faith, grounded in spiritual practice :  
: and antiracist multicultural work. :  
: Each week we share: :  
: • Meaningful time and nourishing :  
: food together (5:45) :  
: • Multigenerational worship in :  
: Ames Chapel (6:45) :  
: • Opportunities to play, learn, :  
: and practice (7:10) :  
: .....

## March 18

*Dinner: Sesame pork tenderloin, tahini squash salad, couscous, blueberry polenta upside down cake*

### **Interconnected Roots of Oppression: Universal Care and the Struggle for Collective Wellbeing | Parish Hall**

This learning series invites us into dialogue circles where we share our lived experiences and questions, examine the deeper roots of injustice, and strengthen our understanding of the interconnected systems of oppression.

### **Somatic Yoga | Foote Room**

This class is accessible to anyone comfortable sitting on the floor, bring a yoga mat, blanket, or blocks for added comfort. Led by Dr. Tamara Kraft, a somatic psychotherapist and holistic health coach.

### **Beginner Violin | Choir Room**

Email [mayraquitzia@hotmail.com](mailto:mayraquitzia@hotmail.com) to ensure a lesson.

## March 25

*Vegan Friendly Dinner: Pozole verde, jicama slaw, cornbread, sugar cookies*

### **Interconnected Roots of Oppression: Fossil Capitalism and Imagining New Futures | Parish Hall**

This learning series invites us into dialogue circles where we share our lived experiences and questions, examine the deeper roots of injustice, and strengthen our understanding of the interconnected systems of oppression.

### **Five Theological Questions Robbins Parlor**

It's time to write your credo! Join the group for a session on articulating your statement of faith.

### **Young Adults Group | Center Room**

A fun, reflective group working to build multifaith and multicultural community.

### **Beginner Violin | Choir Room**

Email [mayraquitzia@hotmail.com](mailto:mayraquitzia@hotmail.com) to ensure a lesson.

## Circles for Deeper Reflection

### *Interconnected Roots of Oppression*



Sponsored by Unity's Racial Justice Team, the Circle for Deeper Reflection is a two-hour facilitated circle offered as a companion to the Wellspring Wednesday Interconnected Roots of Oppression Series. The circles will provide participants with an opportunity to:

1. Slow down, reflect, and deepen their understanding of what they have learned in the series, and
2. Consider how this learning supports meaningful next steps in understanding the interconnected roots of oppression.

Two circles will be offered: one in the middle of the series on Saturday, March 7, 9:00-11:00 a.m., and the second after the conclusion of the series on Saturday, April 4, 9:00-11:00 a.m. — both will be held in Anderson Library. Participants must have attended at least one session of the series and are welcome to attend one or both circles.



### [In The Justice Database](#)

Immigration Advocates Network  
Legal and other support for immigrants and their allies nationwide.

## Serve as a Worship Associate

**Application:** [bit.ly/worshipassocapp](https://bit.ly/worshipassocapp)

Unity's Worship Associates program provides lay members an opportunity to participate in the co-creation of worship. The work of worship associates includes quarterly meetings with the ministers to discuss upcoming themes and the state of the church. Worship associates work with the ministers on specific services and can be of service through finding readings, sharing a personal reflection, writing or reading the Call to Worship and leading the chalice lighting. You may also serve as a summer worship leader if you wish.

You must be a member of Unity Church to apply. New associates will begin April 25, 2026, and serve a two-year term. The deadline to apply is March 20. If you are interested in serving as a worship associate, please complete the online application. If you have questions contact Meg Arnosti at [arnosti.meg@gmail.com](mailto:arnosti.meg@gmail.com).

## Spiritual Practice Packets

Spiritual practice packets related to Unity's monthly themes are available online at [unityunitarian.org/chalice-circles](https://unityunitarian.org/chalice-circles).

## Sangha Practice

**Tuesdays | 4:30-6:00 p.m. | Ames Chapel**

At the heart of Buddhist practice is the commitment to awaken — to step into our doubts and predicaments and hear the roaring of life at the still point of a turning universe. Through weekly practice of meditation, we discover a clarity of mind attentive and accountable to each moment of life's flow, and touch the mystery of our original face. This group is open to anyone interested, no experience is necessary, instructions provided. Email [kp@unityunitarian.org](mailto:kp@unityunitarian.org) to join the practice.

## Between Heaven and Earth: Embodied Practice Circle

**Wednesdays | 12:00-1:00 p.m. | Foote Room**

Between Heaven and Earth is a practice gathering for learning and sharing Tai Ji and Qigong, movement and stillness, poetry, song and silence. No registration or previous experience required. Practices can be modified for sitting or standing.

## Lectio Divina

**Second Wednesday and Fourth Tuesday | 7:10 p.m. | Zoom: [bit.ly/lectioucu](https://bit.ly/lectioucu)**

Come experience the alchemy that occurs through focused reflection on an inspirational text. Many people find Lectio Divina sessions to be a time of rejuvenation and insight. Led by Shelley Butler and Lisa Wersal; facilitated by your own heart. Register once and attend as often as you are able.

## The Singing Resistance

**Thursdays | 6:30-7:15 p.m. | Music Room**

Interested in singing as a form of community uplift and change-making? Join Unity's pod of The Singing Resistance! This group meets to learn songs of hope and resilience to sing at vigils and in community as a part of the larger Singing Resistance group in the Twin Cities. Questions? Email Meg at [megtietz@yahoo.com](mailto:megtietz@yahoo.com).

## Active Hope for the New Now Practice Gathering

**Monday, March 9 | 7:00-8:30 p.m. | Robbins Parlor**

The intention is not a discussion of the issue but to move through the Active Hope Spiral of grounding in gratitude, touching into feelings, seeing with new and ancient eyes, and gathering our capacities for action in response to this issue.

Unity Church–Unitarian presents the 37th Annual Youth Musical

# BY THE BOOK

Starring Unity's 6th, 7th, and 8th Graders  
Music and Lyrics by Sandy Waterman  
Written and Directed by Mary Blouin Auffert



## 2026 PERFORMANCES

In the Sanctuary at Unity Church

Thursday, March 19 | 7:00 PM

Friday, March 20 | 7:00 PM

Saturday, March 21 | 4:00 PM

## TICKETS

Purchase tickets at the door  
on the night of the performance or in  
Parish Hall on Sunday, March 8 and 15.



## What do Calvin and Hobbes, Dick Gregory, and William Channing Gannett have in common?

Shelley Butler, Library-Bookstall Team

I came across a Calvin and Hobbes cartoon strip (look for Calvin in the Children's Library), that goes like this: As Calvin hands his mom a book, he says, "I read this library book you got me." Mom says, "What did you think of it?" Calvin replies, "It really made me see things differently. It's given me a lot to think about." In the last frame, Mom says, "I'm glad you enjoyed it." To which Calvin replies, "It's complicating my life. Don't get me any more."

Humor has a way of getting a point across in its own unique way. Writers/comedians have always used it to inspire social justice action: Aristophanes, Lenny Bruce, Nagid Farsad, and Dick Gregory to name a few. See [Defining Moments in Black History: Reading Between the Lies](#) by Dick Gregory; it's missing from the Anderson Library but on reorder.

There are many missing books from the library that seemingly just up and left. We'd really appreciate it if you all would check out your books and then, if it's not too much trouble, return them when you're done. Sincere thanks.

Last fall, in getting ready for a meeting, I went online and consulted "100 Tricks to Appear Smart in Meetings." One of the best pieces of advice: "If someone says that 25% of people have read *War in Peace*, jump up and say, 'So 1 in 4, right?' and make a note of it. Everyone will nod and secretly be envious of your math skills."

Did you know that you can find links to [online resources](#) and books online in the Unity Library catalog? For example, find a link to the full text of [all about love by bell hooks](#). If you'd prefer a physical book (like me), they are available in the Anderson Library and the Bookstall.

An astronomical number of sermons have been delivered throughout history. These are all actual sermon titles but only one was delivered at Unity Church: "Why You Can Eat Bacon But Not Steal Your Neighbor's Pig to Make a Ham Sandwich;" "Wake Up - and Sell The Coffin;" and "Dostoevsky Reads Hegel in Siberia and Bursts into Tears." I'll bet you can figure out which is the real Unity sermon.

The [Historical Collection](#) in the Anderson Library includes hundreds of (327 to be exact) sermons/pamphlets/books by Unity's and other prominent ministers in Unitarian or Universalist history. Rev. Oscar has referenced "Unitarian Christianity" known as "The Baltimore Sermon" by William Ellery Channing; a famous sermon that led to Channing becoming known as "the father of American Unitarianism." Unity Library not only holds this sermon but also original copies of books by Channing, cir.1800.

If Calvin, Dick, and William can keep company in the Unity Library, surely you can, too. Come in and find your own book that helps you see things differently and gives you a lot to think about. See you at the Anderson Library!

## Archives Team Has Moved Temporarily!

Pauline Eichten, Louise Merriam, Betsy Moore, and Deb Woodburn

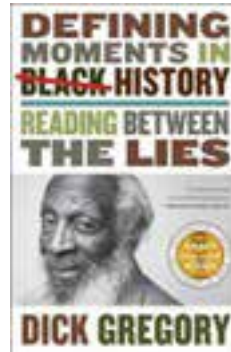
The Archives Team has moved again — this time temporarily — to help the church with a special project. We've left our workroom on the lower level and will store materials in the Crothers Room for the time being.

We were pleased to receive a room for archives in summer 2024 and look forward to returning to that space. Before that, the team had worked on folding tables in the Whitman Lobby, retrieving boxes from the Facilities Storage Room.

The Archives Team collects and processes documents and other items created by or for Unity Church before sending them to the Minnesota Historical Society (MNHS) for permanent storage. Visit [bit.ly/ucumnhs](http://bit.ly/ucumnhs) to get an idea of the Unity Church collection at MNHS.

This is not the first effort by Unity Church to organize and preserve its archival material. When we began work in 2013, we discovered more than a dozen filing cabinets in the Facilities Storage Room filled with materials from the 1970s and 1980s. These cabinets had been previously located in the room in the Eliot Wing now occupied by the Library Team and One Voice Mixed Chorus and contained materials organized by Linda Snyder. Over the years, there have been other archives committees tasked with preserving the story of Unity Church through its documents and pictures.

Since 2013, the current archives team has organized and sent many boxes of papers to MNHS. We are now beginning to focus on thousands of photographs documenting Unity people and events. In other words, there is still work to be done! And we are always looking for folks who are interested in history, or organization, or just want to work on a satisfying task with a fun group of people.



# COMMUNITY OUTREACH MINISTRIES

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## Housing Justice Team

### *Housing Lobby Day & Lobby Training*

Can you join us in visiting legislators to advocate for housing? Housing Justice Team's partner, Beacon Interfaith Housing Collaborative, is providing advocacy training to prepare us:

**Training for Lobby Day** | Registration: [bit.ly/marchrentdue](https://bit.ly/marchrentdue)

**Wednesday, March 4** | 8:30-9:00 a.m. or 8:00-8:30 p.m. | Zoom

Both 30-minute sessions will offer the same material and use the same Zoom link.

**Beacon Lobby Day** | Registration: [bit.ly/homelessdoth](https://bit.ly/homelessdoth)

**Wednesday, March 11** | 9:00-3:00 p.m.\* | Minnesota State Capitol

The program begins with speakers from our statewide housing coalition. Beacon will organize registered participants by their legislators and schedule the visits in advance. You must register by March 9. You do not need to speak or lead your group. \*Note: You do not have to participate until 3:00 p.m.

Questions about either of these events? Contact Unity Church member Dayna Kennedy at [daynamelissa@icloud.com](mailto:daynamelissa@icloud.com).

### *Project Home Emergency Shelter Volunteers*

**Front Desk Volunteers:** If you have daytime availability and are willing to assist with door security and light administrative tasks, Project Home needs help at their front desk. Details and to sign up: [bit.ly/phfrdesk](https://bit.ly/phfrdesk)

**Volunteer Drivers Needed:** Until a commercial kitchen is built, meals for families are created at Sisters of Saint Joseph of Carondelet. Drivers are needed to pick up weekday lunch meals from there and drive them to the Bandana location. Details and sign up at [bit.ly/phlunchdely](https://bit.ly/phlunchdely).

## Gun Violence Prevention Team

At our last meeting of the Gun Violence Prevention Team, someone mentioned that at this fraught time in Minnesota, attending to the prevention of gun violence is kind of like "reorganizing deck chairs on the Titanic." In fact "Twin Cities gun sales have seen their largest year-over-year leap since the pandemic, with some cities experiencing double or even triple the demand compared to the same time last year," according to analysis of city and county data by [The Minnesota Star Tribune](https://www.startribune.com/twin-cities-gun-sales-see-largest-leap-since-pandemic/). In the state's most-popular county, Hennepin, applications spiked 70% from the previous January. Well over half the applications were submitted by first-time buyers.

Perhaps our work is even more important at this juncture. More first-time gun owners, stoked by a variety of things, including politics and heightened emotions, need reminders and practical ways to keep those firearms safely out of the hands of vulnerable children or people perhaps experiencing stressful periods where easy access to a firearm could, in an instant, change futures irrevocably.

Interested in this work, or want to find out more? Join us at our next meeting on March 19, or check out [Unity's Gun Violence Prevention Team](https://www.unitychurch.org/gun-violence-prevention-team) webpage.

## Donate to Hallie Q. Brown Food Shelf

Wow!!! Rev. Oscar put out the call for donations to the food shelf and you responded! In January, 1057 pounds of food and household items were donated to Hallie Q. Brown. Thank you for your continued support. During March the food shelf needs toothpaste and brushes, deodorant, body wash and other hygiene products, soup, canned tuna and chicken, rice, pasta sauce, canned diced tomatoes and tomato sauce. Nonperishable foods only. Make a financial contribution at [hallieqbrown.charityproud.org/donate](https://hallieqbrown.charityproud.org/donate).

## Plant-Based Potluck and Climate Trivia Night

**Friday, March 13** | 6:00-8:00 p.m.

**Parish Hall**

Join Unity's Act for the Earth Team for a potluck and gaming night to test your knowledge around climate and sustainability! Bring a plant-based dish to share (no dairy, eggs or meat), along with its recipe. Discover new dishes and enjoy some friendly competition!

## Monarca Training Rapid Responders

**Saturday, March 14** | 1:00-3:00 p.m.

**Unity Church**

Registration: [bit.ly/monarcalot314](https://bit.ly/monarcalot314)

In response to the growing threat of policies and actions targeting our immigrant neighbors, Monarca offers rapid response legal observer training. Learn how to support our immigrant neighbors, become an upstander in your community, and make sure no one faces this threat alone.

## Act for the Earth Swap

**Sunday, March 15** | After services

This month you are invited to bring knitting, crocheting, needlepoint, and cross stitch, and other textile arts items, as well as books you no longer need, and swap for other new-to-you exciting items. Who can pass up a chance to find more yarn (or decrease the over stock you have at home)?! If needed there will be a follow-up swap on Sunday, March 22.

## Pilgrimage to Transylvania

**Information Session: Sunday, March 15**

**12:45 p.m. | Robbins Parlor & Zoom**

Join fellow Unity Church members and friends on a summer pilgrimage, July 31–August 13, 2026, led by Rev. Dr. Oscar Sinclair to the Unitarian homeland of Transylvania. The trip includes time in Unity's partner church village of Homorodszentpeter. For more information attend the information session or email [unitypartnerchurch@gmail.com](mailto:unitypartnerchurch@gmail.com).

# COMMUNITY OUTREACH MINISTRIES

## Obama School Team

At a recent meeting of representatives from Unity's Community Outreach Ministry Teams, most reported that their work this year has been affected by Operation Metro Surge. No surprise! And our work is no exception. While we are still helping children with reading and math and shelving library books, we have also noticed the increased levels of anxiety and fear among children, with more absences than usual, as well as greater workloads for teachers including virtual learning. Here are a few things we are doing to respond:

- We asked for the names of Unity folks willing to serve as observers during arrival and dismissal each day — thanks to all who responded. The school now has more than 130 volunteers, and some are being asked to move to schools with less resources.
- We are distributing food from EveryMeal (a Saint Paul nonprofit) to about twenty children each week.
- Money from the Sunday collection for Obama School has been transferred to the elementary and middle schools to help them meet family needs.
- We have met with the elementary Family Staff Organization and will meet with middle school representatives to see what assistance we might provide.
- To support our thirty-plus volunteers, we arranged for two training sessions in January, one on Montessori philosophy and methodology and one on tips for teaching reading. Both were well attended and much appreciated.

Thanks to everyone for your ongoing support of the staff, students, and families!

## Project Home Household Goods Collection

**Saturday, April 4 | 9:00-11:00 a.m. | Holly Avenue Parking Lot**


Back by popular demand, Unity's Evergreen Quilters and Housing Justice Team will collect small household items for Project Home, an emergency shelter for area families where they stay until they can move into their own housing. Project Home's new location at Bandana Square is housing 29 families (97 people) on the first floor. On the second floor they have two rooms where clients can select household items to take with them when they move to their permanent home. Our goal is to fill those rooms with your household donations. Please donate the following clean and gently used or new household items:

- Bath towels, washcloths, kitchen hand and dish towels, dishcloths
- Gently used silverware and knife sets
- Gently used pots and pans, baking pans, storage containers, serving pieces
- Cleaning supplies: brooms, Swiffers, microfiber cloths, toilet bowl brushes and cleaner, all-purpose cleaners, glass cleaner, dish soap
- Dish sets (large and small) including fine china. These should be like new or gently used, no chips, cracks or stains.
- Kitchen utensils: spatulas, can openers, ladles, measuring cups and spoons
- Gently used small appliances: toasters, microwaves, coffee makers, mixers
- New pillows and new or gently used sheets and pillow cases (twin, standard and queen-size)

Bring items to the Holly Avenue parking lot where Barb Rogne from Evergreen Quilters and Janice Gestner from the Housing Justice Team will meet you and transfer the items from your vehicle to theirs. Questions? Email Barb at [brogne27@gmail.com](mailto:brogne27@gmail.com) and Janice at [janicemgg@comcast.net](mailto:janicemgg@comcast.net).

## Planting Seeds of Justice

**Krista Finstad Hanson and Clover Earl**

The Unity Church UUSC Partner Team is working to bring a connection back to Unity Church with the Unitarian Universalist Service Committee. 

These difficult times have called for increased attention and vigilance in our communities. We, like you, have been focused on engaging in the resistance effort. The UUSC website shares the following information about their mission and goals for the moment we are living in:

“As authoritarianism rises and communities come under attack, UUSC remains focused on defending civil liberties, democracy, and human rights. We are actively seeking to:

**Defend civil liberties and democratic rights** — Safeguarding the right to protest, dissent, and participate in democracy without intimidation.

**Protect migrants and asylum-seekers** — Upholding the right to refuge, freedom of movement, and asylum amid rising deportations and border restrictions.

**Advance gender justice** — Defending trans, non-binary, and gender-diverse communities against discriminatory policies.

**Counter attacks on human rights institutions** — Holding the U.S. government accountable for undermining multilateral efforts to uphold global human rights.

**Resist climate regression** — Fighting policies that accelerate environmental destruction, fossil fuel expansion, and rollbacks on climate commitments.”

Will you help us build the capacity for this important work? Join Unity's UUSC Partner Team in acting on our values here at home and throughout the world! Email [2clover@gmail.com](mailto:2clover@gmail.com) to get connected.

Visit [uus.org](http://uus.org) to learn more.

# MINISTRY WITH CHILDREN, YOUTH, AND FAMILIES



## Where can I get good fried chicken?

**Drew Danielson, Coordinator of Youth and Campus Ministries**

A couple of times every week, at minimum, I get a mad craving for my mom's fried chicken. I'm desperate to find a restaurant that can turn out something that comes even close to what I recall as perfect chicken. Just the right amount of crisp, moderately greasy crust, the meat flavorful, juicy, tender. Transcendent seasoning.

Dang. It's lunchtime and I've done it to myself again! Chicken like my mom used to make simply doesn't exist. Believe me, I've tried everywhere. I've also tried to make it myself. But I don't have mom's well-seasoned big black iron pan, I don't know what spices she used or how much. I do know part of the secret is the frying oil, which included a lot of bacon fat and roast drippings stored next to the stove in a beat-up copper canister. Kids think it gross when I describe the grease can, how you could excavate through a month's layers of home cooked meals with every scoop – but you could fry shoe leather in that stuff and it would be delicious! It was so good.

I do know, deep down, that what I am really hungry for is my mom. I mean yes, her chicken would ease the hunger, and I'm not going to stop looking so please, feel free to tell me what I should try, but it's better to be honest with myself about what I am craving. I miss my mom.

OK, I really went off on that tangent, but that is what insatiable hunger does.

Forgetting mom's chicken briefly, I mean to highlight a thing that goes on with the high school group, especially the juniors, at this time of year that I find fascinating and concerning, if completely predictable. Where will I go to college, should I go to college, will I get into my first choice, what will I do with my life, what have I done with my life so far?! I don't think this is all bad, I'm not going to tell them to drop out or join the Peace Corps (they could). But it does pain me how stressed many of them get over this period of their too short youth. I wish it didn't feel so desperate, so loaded. That this is their one shot to choose the path to a successful life.

I will give them credit for not all following a single definition of what "successful" means, and for their willingness to take any definition apart and to challenge where it comes from. It's harder for them to know what the "hunger" is beyond the desire to get it right. Harder to realize they hunger for certainty, for self-knowledge and assurance. For an idea of their purpose. That this is such a momentous and consuming hunger for us all, one that will likely never be satisfied.

I believe we absolutely need to continue asking each other: What do you hunger for? Do you know? Are you alone in deciding the answer for yourself, or can we help each other come up with meaningful possibilities?" And to hold each other's hunger with compassion, knowing no "junk food" will ever satisfy it.

Although, I can't overestimate the power of bacon fat.



## Chalice Camp Registration opens soon!

**Week 1: July 6-10**

**Week 2: July 13-17**



Chalice Camp is offered Monday-Friday, 8:30 a.m.-5:30 p.m., for children and youth ages 5-13.

Campers going into 7th or 8th grade will be part of our senior camper program.

If your child would like to serve as a Chalice Camp counselor, please watch for an application when registration opens.

Campers will explore the heritage and history of Unitarian Universalism through varied and engaging activities, everything from puppet shows to field games. Campers will get to participate in traditional camp activities, arts and crafts and lots of outdoor play time, all with an emphasis on learning the basics of Unitarian Universalism—understanding the inherent worth and dignity of themselves, their peers, and the world around them.

Details and registration will be available online at [unityunitarian.org/chalice-camp](http://unityunitarian.org/chalice-camp).

## Childcare for Church Events

Unity Church offers childcare for church-wide events, free of charge. Nursery care is consistently provided for Sunday services and Wellspring Wednesday programs — no reservation is needed. Outside of these times, reservations for childcare are required. Please request childcare one week ahead of time by completing the online form: [unityunitarian.org/childcare-request-form.html](http://unityunitarian.org/childcare-request-form.html).

# MUSIC MINISTRY



## Music Notes

Ahmed Anzaldúa, Director of Music Ministries

*O vos omnes qui transitis per viam, attendite et videte.*

O all you who pass by, pay attention and see.

I used to think this text was powerful, full of urgency. Stop.

Look. See. But seeing, if we are honest, is something that

people do too easily these days. We live in a world saturated

with images of suffering, injustice, and cruelty, and we have become highly skilled at a peculiar form of vision that registers and reacts but rarely moves us toward transformation. We witness fear, loss, humiliation, grief, and we may even feel something genuine in the moment: anger, sadness, empathy.

Faced with all this awful stuff, exhaustion and helplessness are understandable. Yet there is another dimension we are more reluctant to name: disappointment with ourselves. There is a quiet cowardice embedded in the habit of witnessing without responding. Each time we see harm and choose safety, it is not a neutral act but a small rehearsal, a training of the self. Something subtle shifts within us. Our thresholds move. What once shocked us becomes familiar; what once demanded a response fades into the background noise of the world. We become practiced at looking without seeing, seeing without feeling, feeling without acting.

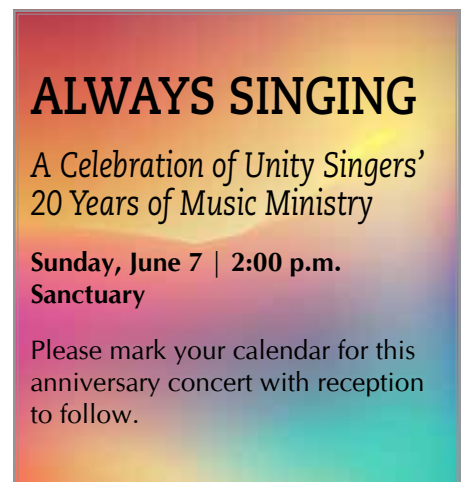
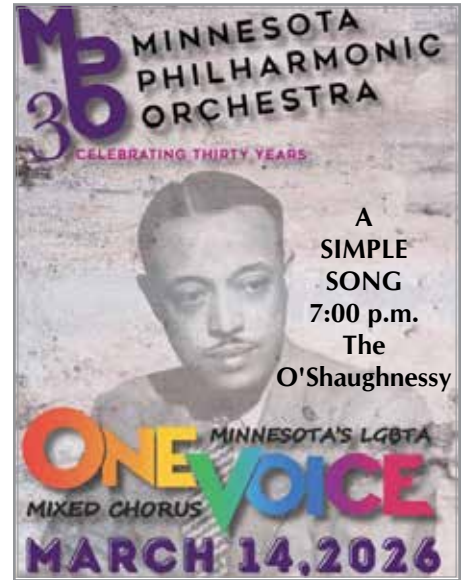
The cost of this is not abstract. It is borne most heavily by those who suffer directly under injustice, those who do not have the luxury of retreating into comfort or detachment. The cowardice at work here is not loud or theatrical but ordinary. It appears as hesitation, as rationalization, as the soothing story that someone else will act, that our involvement would not matter, that attention itself is enough. We learn to confuse awareness with responsibility, observation with participation.

In this sense, much of modern life begins to resemble a stage. We curate ourselves, narrate ourselves, present versions of who we are and what we believe. Social media makes this metaphor unavoidable, but the habit runs deeper than any platform. We perform concern, perform outrage, perform solidarity. The performance may be sincere, even heartfelt, yet it remains a performance all the same, a way of appearing aligned with courage without fully accepting its risks. And, unfortunately, those of us who are in harms way need actual courage from those of you who are most safe. This sort of performance becomes an additional humiliation to endure.

Now, don't get me wrong, I am a performer. It's what I do for a living. There is nothing inherently wrong with performance. To present an idealized self can be aspirational, a glimpse of who we hope to become. I do it all the time when I'm on the podium, presenting a version of myself that is very different from my day-to-day self... less dull, more alive and sparkly, for lack of a better world. But performance becomes dangerous when it substitutes for action, when the expression of values replaces the difficult work of living into them. Words, statements, and symbolic gestures matter; silence can indeed be a form of complicity. Still, they are not the end of the moral task. What I do on stage is practice for life, it will never be a substitute for it.

To see harm and do nothing reshapes us. To speak without acting reshapes us as well. Over time, the gap between what we recognize and how we live breeds cynicism and detachment. We begin to experience the world not as participants but as perpetual spectators, and there is a self-loathing that grows in that space as we are confronted with our own cowardice every time we witness but fail to act.

What kind of people do we become when we grow accustomed to watching and not acting? What happens to a soul that repeatedly chooses safety over courage? And, more urgently: What will we do with what we see?





# UNITY CHURCH-UNITARIAN

Sanctuary Entrance: 733 Portland Avenue | Saint Paul, Minnesota 55104  
Business Entrance: 732 Holly Avenue | Saint Paul, Minnesota 55104  
651-228-1456 | fax: 651-228-0927 | [www.unityunitarian.org](http://www.unityunitarian.org) | [unity@unityunitarian.org](mailto:unity@unityunitarian.org)

Rev. Dr. Oscar Sinclair, Senior Minister  
Rev. KP Hong, Minister of Faith Formation  
Laura Park, Executive Director  
Marcia Hayes, Chair, Board of Trustees

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**TIME SENSITIVE  
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# Fulfilling Our Promise

- \$32,000 GOAL**  
Supports Unity's operating budget
- DOORS OPEN AT 5 PM**
- FOOD & DRINK**
- Bubble Bliss Champagne Experience**
- ONLINE BIDDING BEGINS MARCH 1**
- SILENT AUCTION**
- LIVE AUCTION**
- AFTER PARTY**
- Friday March 6 2026**

Email [katrina@unityunitarian.org](mailto:katrina@unityunitarian.org) by February 27 to request childcare.



# Unity Church-Unitarian AUCTION FUNDRAISER